

Nevada Community Action Association (NCAA)

Monthly Awareness Calendar

JANUARY

MONTH:

- Cervical Health Awareness Month
- Dry January - "Dry January" is the exercise of abstaining from alcohol for the entirety of the first month of the year.
- **Financial Wellness Month**
- Glaucoma Awareness Month
- Global Family Month
- ***Mental Health Month***
- ***Poverty Awareness Month***
- *National "Thank You" Month*
- *Self-Love Month*

DAYS:

- **January 8 – War on Poverty Day**
- January 10 - National Cut Your Energy Costs Day
- January 11 - International Thank-You Day
- January 16 - Martin Luther King Jr. Day
- January 20 - Inauguration Day – Every Four Years
- January 26 - National Fun at Work Day
- State of the Union address in January 1964, Johnson announced an “unconditional war on poverty,

FEBRUARY

MONTH:

- American Heart Awareness Month
- Black History Month
- **Family Support Awareness Month**
- National Cancer Prevention Month
- National Children’s Dental Awareness Month
- National Eating Disorders Awareness Month
- Rare Disease Awareness Month

- Teen Dating Violence Awareness Month

DAYS:

- February 1 - National Freedom Day
- February 2 – Groundhog Day
- February 3 - Take Your Child to the Library Day
- February 4 - World Cancer Day
- **February 6 - Time to Talk Day - Nation's Biggest Mental Health Conversation**
- February 13 - Self-Love Day
- February 14 - Read to Your Child Day
- February 16 - National Caregivers Day
- February 17 - National Random Acts of Kindness Day/World Human Spirit Day
- February 20 - World Day for Social Justice
- February 22 - Be Humble Day
- February 26 - Letter to an Elder Day
- February 1 to 7 - Women's Heart Week
- 1st Full School Week in February -National School Counseling Week
- 1st Week in February - African Heritage and Health Week
- 3rd Monday of February - President's Day

MARCH

MONTH:

- Disability Awareness Month
- Listening Awareness Month
- Music in our Schools Month
- National Nutrition Month
- National Reading Month
- Social Work Month
- Women's History Month

DAYS:

- March 1 – Self injury Awareness Day/World Compliment Day/ Employee Appreciation Day
- March 2 – World Teen Mental Health Day/ National Read Across America Day

- March 4 - World Obesity Day
- March 8 – International Women’s Day
- March 20 – International Day of Happiness
- March 21 - National Single Parent Day
- March 22 – World Water Day
- March 30 - National Doctors Day
- Last Saturday of March – Earth Hour - Earth Hour is moment of unity that brings the world together, shines a spotlight on nature loss and the climate crisis, and inspires millions more to act and advocate for urgent change.
- Last week of March - National LGBTQ+ Health Awareness Week

APRIL

MONTH:

- Alcohol Awareness Month
- Month of the Military Child
- Move More Month
- **National Child Abuse Prevention Month**
- **National Counseling Awareness Month**
- **National Financial Literacy Month**
- **National Minority Health Month**
- National Month of Hope
- National Stress Awareness Month
- **National Volunteer Month**
- Sexual Assault Awareness Month
- **Stress Awareness Month**

DAYS:

- April 1 - April Fools’ Day
- April 2 - World Autism Acceptance Day
- **April 7 – World Health Day**
- **April 20 - Volunteer Recognition Day**
- April 22 – Earth Day
- April 28 - Global Pay It Forward Day/ National Superhero Day/
Stop Food Waste Day
- 2nd Friday of April - Teal Day encourages awareness of the importance of counseling and self-care for counselors

- **1st week of April - National Public Health Week**
- **3rd Week of April - National Volunteer Week/ National Administrative Professionals Week**

MAY

MONTH:

- Arthritis Awareness Month
- **Community Action Month**
- Family Wellness Month
- **Mental Health Awareness Month**
- **Older Americans Month**

DAYS:

- May 1 - Agriculture and Labor Day
- May 2 - Baby Day – In celebration of babies and their caregivers
- May 3 - National Anxiety Disorders Screening Day
- May 7 - National Teacher Appreciation Day
- May 9 - National Children's Mental Health Awareness Day
- May 10 - Child Care Provider Day
- May 12 - National Mental Health Provider Appreciation Day
- **May 28 – World Hunger Day**
- May 29 - National Senior Health and Fitness Day
- 2nd of May – Mother's Day
- Last Monday of May – Memorial Day
- First Full Week in May: Teacher Appreciation Week

JUNE

MONTH:

- Alzheimer's & Brain Awareness Month
- **Family Resource Centers work to increase awareness, provide education and offer helpful links to resources to help those who may be experiencing abuse in later life**
- National Men's Health Month
- National PTSD Awareness Month
- National Safety Month -Areas of focus include mental health, ergonomics, building a safety culture, and driving.

- Men's Health Month
- Pride Month
- Professional Wellness Month

DAYS:

- June 5 - World Environment Day
- June 7 - World Caring Day/ World Food Safety Day
- June 14 – Flag Day
- June 15 - World Elder Abuse Awareness Day
- June 19 – Juneteenth
- June 27 - National PTSD Awareness Day
- June 8 -14 - National Flag Week
- 3rd Sunday in June – Father's Day

JULY

MONTH:

- Disability Pride Month
- Family Fun Month
- Family Meal Month
- **National Minority Mental Health Awareness Month**

DAYS:

- Thursday, July 2, 1964: U.S. President Lyndon B. Johnson signs the Civil Rights Act into law.
- July 4 - Independence Day
- July 18 - World Listening Day

AUGUST

MONTH:

- National Immunization Awareness Month
- National Wellness Month

DAYS:

- August 12 - International Youth Day
- August 17 - National Nonprofit Day
- ***August 20 - President Lyndon B. Johnson signed the Economic Opportunity Act (EOA) in the Rose Garden to coordinate and direct programs and created Community Action to fight "The War on Poverty".***

- *Some of the program created under the EOA of 1964 include:*
 - ***VISTA ♦ Job Corps ♦ Neighborhood Youth Corps ♦ Head Start ♦ Adult Basic Education ♦ Family Planning ♦ Community Health Centers***
- August 25 - Be Kind to Humankind Week
- First Week of August, National WIC Breastfeeding Week

SEPTEMBER

MONTH:

- Arthritis Awareness
- Childhood Cancer Awareness
- Hunger Action Month
- National Alcohol and Drug Addiction
- National Childhood Obesity Awareness
- Suicide Prevention

DAYS:

- September 10 – World Suicide Prevention Day
- September 18 - National HIV/AIDS and Aging Awareness
- September 29 – World Heart Day

OCTOBER

MONTH:

- **Domestic Violence Awareness Month**
- Emotional Wellness Month
- Global Diversity Awareness Month
- **Head Start Awareness Month**
- **Housing America Month**
- National Disability Employment Awareness Month
- World Bullying Prevention Month

DAYS:

- October 4 - World Habitat Day
- **October 10 - World Homeless Day/World Mental Health Day**

- October 16 - National Boss's Day/World Food Day
- October 19 - World Humanitarian Action Day
- **Last Friday of the Month – Nevada Day**
- **First Week of October – Mental Illness Awareness Week**
- **Second week of October - Case Management Week**

NOVEMBER

MONTH:

- American Diabetes Month
- National Family Caregivers Month
- National Gratitude Month
- **National Homelessness Awareness Month**
- **National Homeless Youth Awareness Month**
- National Native American Heritage Month
- No-Shave November

DAYS:

- November 2 - National Stress Awareness Day
- November 4 - **National Day of Community Service**
- November 6 - Daylight Savings Day
- November 9 - World Freedom Day
- November 12 - Veterans Day
- November 13 - World Kindness Day
- November 15 - National Philanthropy Day
- November 19 - Family Volunteer Day/National Integration Day
- November 24 - Thanksgiving
- November 25 - Native American Heritage Day/National Family Health History Day
- November 29 - Giving Tuesday

DECEMBER

MONTH:

- **Universal Human Rights Month**

DAYS:

- December 1 - National Women Support Women Day/Rosa Parks Day
- **December 5 - International Volunteer Day**
- December 24 – Christmas Eve
- December 25 – Christmas
- Dec. 18 to 26: Hanukkah (starts the evening of Dec. 18 and ends the evening of Dec. 26)
- Dec. 26 to Jan. 1: Kwanzaa
- December 31 - New Year's Eve